

Meet our Youth Education Programs Coordinator Sarah Worthington



I grew up on 50 acres in the high desert country of Idaho. As a child, I had plenty of time to explore the pond and ditches surrounding my house, make forts in the hay, take care of animals, and help cultivate gardens. I was turned loose and allowed to be blissfully bored and free. I had time to get to know and intimately understand the seasons and cycles of our 50 acres.

Those years spent interacting with and being a part of my local ecology resulted in a lifelong fascination with environmental science and natural processes. This fascination guided me in my pursuit of a B.A. in Environmental Studies, M.S. in Natural Resources, and a graduate certificate in Environmental Education. I developed a passion for outdoor education as a youth instructor at the McCall Outdoor Science School. I intend to bring my knowledge of snow science and winter ecology to SFI and its youth programs, where I will continue to teach and learn as an educator.

It's well documented that time spent in nature is invaluable for cognitive development. However, today's youth experiences a profound disconnect between culture and the natural world - a "nature deficit disorder." Our ultimate goal at SFI is to help parents and teachers bring a sense of wonder and excitement to learning that can only be gained outdoors. Nature can give the mind and spirit respite and stimulate curiosity and connection. It is our hope to support and augment the hard work we know is being put into youth education and to create conscientious, engaged citizens capable of critical thinking and community involvement. We are

excited to partner with our community in giving our youth the most innovative learning experiences possible.

See you by the campfire!
Sarah Worthington